



*Ask your doctor about
Vitamin D testing today!*



Innovative Diagnostics is a medically managed service practice led by a group of doctors and supported by a dedicated team of senior and experienced industry professionals. We are forging a new path and aspire to set industry benchmarks in doctor and patient experiences.

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Vitamin D Deficiency Common in Cancer Patients



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Vitamin D deficiency has been linked to increased risk for many common and serious diseases, including osteoporosis, some common cancers, diabetes and cardiovascular disease. Studies suggest that sufficient exposure to sunlight, which enhances the production of vitamin D in the skin, prevents many chronic diseases. *

*Commented by Bone health experts attending the 1st Asia-Pacific Osteoporosis Meeting in Singapore in December 2010

*It is estimated that 50% to 80% of the general population have insufficient Vitamin D levels**

*Summary from N Engl J Med 2011; 364:248-54



► Why is Vitamin D important?

Vitamin D is essential for the formation, growth, and repair of bones. Vitamin D is necessary for normal calcium absorption and immune function. It also improves muscle strength and helps reduce inflammation.

Most people receive most of their vitamin D through sunlight exposure. Vitamin D can also come from supplementation and diet. Some foods that contain vitamin D are fatty fish, fish liver oil, and eggs.

► Risk of Vitamin D deficiency?

Certain factors can predispose an individual to Vitamin D deficiency. They include;

- People with little or no sun exposure
- People with naturally very dark skin
- Breastfed babies with other risk factors for low Vitamin D
- People with conditions or medications affecting Vitamin D metabolism
- People with conditions causing malabsorption (eg Inflammatory Bowel Disease)

In children if deficiencies are not corrected, it could lead to early development of diabetes, high blood pressure, cardiovascular disease, or any of several forms of cancer. Deficiency is also prevalent in infants who are solely breastfed and who do not receive vitamin D supplementation.

Adults of all ages who have darker skin (increased skin melanin) or who always wear sun protection or limit their outdoor activities, such as homebound elderly persons, are also prone to vitamin D deficits.



► The Vitamin D test.

The Vitamin D Test at Innovative Diagnostics will determine a patient's Vitamin D status and guide your doctor's advice. The Vitamin D test is also useful for monitoring your ongoing Vitamin D status for those taking supplementation. The test will determine if your sun exposure is adequate or your dietary Vitamin D is sufficient. The test will also be able to assess the likelihood of malabsorption or liver disease.

► What can your doctor do if your Vitamin D is insufficient?

If your Vitamin D levels are found to be insufficient, your doctor will recommend a tailored approach to increase your Vitamin D levels.